

IN THE CLAIMS:

Please replace claims 4, 6, 10, 13, 15, and 16 as follows:

4. (Twice Amended) The exercise device according to claim 3, wherein
said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the
opening in said bottom surface, said central passageway includes

a threaded section, and

a locking section having a circular cross-section with at least one
keyway channel radially extending from said circular cross-section;

BA said upper platform having

a bottom surface,

a nesting unit extending downward from said bottom surface, said nesting
unit including an outer wall forming a recess, said nesting unit passes through the
opening of said bearing element; and

said exercise device further including regulating components,

said regulating components include

friction material in communication with the recess of said nesting
unit,

an adjustment device having a screw mechanism, said screw
mechanism engages said threaded section of said lower housing, and

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a compression component aligned with said adjustment device,
said compression component having

a lower portion with at least one guide key, said at least one
guide key engages said at least one keyway channel of said lower housing, and

a upper portion, said upper portion is tapered radially inward
from said lower portion to a top of said upper portion, said upper portion nests within
said recess of said nesting unit to apply compression forces to said friction material,
said upper portion extends through the opening in said lower housing cap and the
opening in said bearing element.

6. (Amended) An exercise device comprising:

a upper platform,

a lower housing connected to said upper platform, said lower housing includes a
floor with a hole passing therethrough,

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a lower housing cap resting on and aligned with said lower housing,

a bearing element resting on said lower housing cap and abutting said upper
platform, said bearing element allows said upper platform to rotate relative to said lower
housing, and

regulating components that control rotation between said lower housing and said
upper platform, said regulating components include an adjustment mechanism; and

wherein said adjustment mechanism is accessible through the hole in said floor
of said lower housing.

10. (Twice Amended) An exercise device comprising:

- a upper platform,
- a lower housing connected to said upper platform,
- a lower housing cap resting on and aligned with said lower housing,
- a bearing element resting on said lower housing cap and abutting said upper platform, said bearing element allows said upper platform to rotate relative to said lower housing, and
- regulating components that control rotation between said lower housing and said upper platform; and

B4 wherein said lower housing cap having an opening passing therethrough,

- said bearing element having an opening passing therethrough,
- said lower housing having
 - a bottom surface having an opening passing therethrough,
 - a wall extending up from said bottom surface, and
 - a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes
 - a threaded section, and
 - a locking section having a circular cross-section with at least one keyway channel radially extending from said circular cross-section;
- said upper platform having
 - a bottom surface,

a nesting unit extending downward from said bottom surface, said nesting unit including an outer wall forming a recess, said nesting unit passes through the opening of said bearing element; and

said regulating components include

friction material in communication with the recess of said nesting unit,

134 an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having

a lower portion with at least one guide key, said at least one guide key engages said at least one keyway channel of said lower housing, and

a upper portion, said upper portion is tapered radially inward from said lower portion to a top of said upper portion, said upper portion nests within said recess of said nesting unit to apply compression forces to said friction material, said upper portion extends through the opening in said lower housing cap and the opening in said bearing element.

13. (Amended) An exercise device comprising:

135 a lower housing including a lower housing cap, a cylindrical base, and a rim around a periphery of said cylindrical base, said lower housing cap rests on said cylindrical base, said lower housing cap having an opening passing therethrough,

an upper housing shrouding said cylindrical base, said upper housing includes a platform, a cylindrical extension extending down from said platform, a handle extending

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upward from said platform, and a rim around an inside cavity of said cylindrical extension, said rim engages said rim of said lower housing,

means for rotating said platform of said upper housing relative to said lower housing such that said lower housing remains stationary while said platform freely rotates on said lower housing, said means providing an opening passing therethrough aligned with the opening of said lower housing cap, and

means for resisting rotation in communication with said lower housing and said upper housing, said resisting rotation means are internal to said lower housing and said upper housing, said resisting rotation means passing through the opening in said lower housing cap and the opening in said rotating means.

15. (Amended) An exercise device comprising:

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a upper platform, said upper platform includes

an upper surface opposed to (said bottom surface) and

a fist pad attached to said upper surface^{as} and extending above said upper surface,

a lower housing connected to said upper platform,

a lower housing cap resting on and aligned with said lower housing,

a bearing element resting on said lower housing cap and abutting said upper platform, said bearing element allows said upper platform to rotate relative to said lower housing, and

regulating components that control rotation between said lower housing and said upper platform.

16. (Amended) An exercise device comprising:

a upper platform,

a lower housing connected to said upper platform,

a lower housing cap resting on and aligned with said lower housing,

B7 a bearing element resting on said lower housing cap and abutting said upper platform, said bearing element allows said upper platform to rotate relative to said lower housing,

regulating components that control rotation between said lower housing and said upper platform, and

a stopper; and

wherein said upper platform includes a wall extending downwardly from a peripheral edge, said wall having an opening passing therethrough,

said lower housing includes an opening passing therethrough, when the opening of said lower housing is aligned with the opening of said upper housing, said stopper engages the opening of said lower housing and said upper housing.

Please add new claim 21 as follows:

--21. (New) A method for using a pair of the exercise devices recited in claim 1, said method comprising:

B9 positioning the pair of devices about shoulder width apart on a support surface,

placing the pinkie of the user's right hand on the gripping area near the tall upright portion of one of the devices,

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placing the pinkie of the user's left hand on the gripping area near the tall upright portion of the other of the devices, and

performing a push-up where at least one of the upper platforms rotates with respect to the respective lower housing. --

REMARKS

Reconsideration of the Office Action of January 8, 2001 respectfully is requested. This Amendment is in response to that Office Action. Concurrently filed with this Amendment are a Letter Submitting Marked Up Claims, an Extension of Time and accompanying fee to extend the time of response until July 9, 2001 (as July 8, 2001 is a Sunday). Also, accompanying this Amendment is payment of additional claim fees for the three new independent claims and one extra claim that have been added through amendment of dependent claims into independent claims, to wit, claims 10, 15 and 16 and the addition of claim 21. If any or all of the concurrently filed claim fees are found to be unnecessary, then a refund of the excess amount is requested to be made by check payable to Cahn & Samuels, LLP.

The specification has been amended on page 5 to change "a lower housing cap130" to --a lower housing cap 130--. The correction corrects a typographical error.

Claims 4, 6, 10, 13, 15 and 16 have been amended. New claim 21 has been added and is directed at a method of using the device of claim 1.

Claims 4 and 13 have been amended in view of the Examiner's 35 U.S.C. §112, second paragraph, rejection. More particularly, claim 4 was amended to add "said device further including regulating components" prior to the recitation of what the regulating components include. Claim 13 was amended to add "resisting rotation" prior